



The
Primrose
Centre

Primrose News

Summer 2011

Cream Teas in the Garden



After weeks of wonderful weather as the day approached for Cream Teas in the Garden (not just any Garden but at the annual event at Ted and Maureen Williams) rain came.

For months they worked on the different sections to get everything looking just so, the warm weather bringing forward so many plants but others arriving prematurely, so the garden looked different but wonderful as ever.

Despite the wet weather Leaves Green Road signalled a great deal of people had arrived. In fact the one hundred and sixty expected guests all arrived, and enjoyed the wonderful cream teas with scones and fantastic choice of freshly baked cakes.

A military manoeuvre from 6 am made the whole event possible; baking scones at that hour requires real devotion!

The variety of stalls included tombola, childrens toys, plants, cards, books and tools in the studio. Different quizzes and guessing games were run throughout the afternoon. Guests stayed and enjoyed the event amazingly so, and in the process gave generously to the charity.

The afternoon raised £2,080 for the charity and further raised awareness of what the Primrose Centre does.

A wonderful afternoon, despite the weather, and the need for umbrellas. The charity is truly grateful to Maureen and Ted their friends and supporters for their hard work and generosity.

Inside
Primrose
News

PAGE 2 – WELCOME TO THE PRIMROSE NEWS • HOW THE PRIMROSE CENTRE SUPPORTS VISITORS

PAGE 3 – JURASSIC CHALLENGE • SIR STUART ROSE'S CHICKEN • MAIN RECEPTION PRUH
• CHARITY BOX SHAKE AT COOLING'S NURSERY • PRIMROSE LAPEL PINS

PAGE 4 – LADIES CHARITY AFTERNOON • PINK RIBBON FOUNDATION • WAYS TO HELP THE CHARITY
• LOCAL BUSINESSES WHO CONTINUE TO SUPPORT THE PRIMROSE CENTRE



Primrose News

Welcome to the Primrose News Summer 2011 edition



Dear Supporter

This issue of Primrose News is an opportunity to let you know how the centre has expanded in the last four months or so.

Moving from having only reflexology on offer after Christmas to a very full and varied list of therapies this summer is really pleasing.

We aim to offer the therapies visitors believe help them, and we will continue to do so . . . there every step of the way for those who seek our help.

During this time we have seen one of our first visitors feel she could move on saying she had gained so much and it was time for others to experience the same care. She said 'I know how I felt when I first came and I know how I feel now' a wonderful thank you.



Katie Knight one of our reflexologists is leaving us at the end of August to have a baby, we send her our very best, and what a lucky baby. Katie has given wonderful care to visitors since January. We look forward to her rejoining us in February 2012.

Mary Spinks

Mary Spinks, Director

How the Primrose Centre Supports Visitors

The Primrose Centre aims to improve the lives of those affected by breast cancer. The treatments for breast cancer can have many side effects and the complementary therapies offered at the centre help ease their symptoms. The visitors we see are very positive about the help they have received.

The centre offers free complementary therapies including:

- Reflexology
- Counselling
- Meditation
- Hand and arm massage
- Indian head massage

All therapies are complementary to the medical treatment being received not instead of.



Support for families and friends

The charity offers emotional support to families of the visitor recovering from breast cancer.

Come to see the Centre

We welcome visitors to come and see the centre, and encourage them to try the therapies we offer. The visitors we have seen tell us how grateful they are for this support at what is a difficult time for them and their families.



Future therapies

Suggestions are sought from visitors what else they would like the charity to offer. Nutritional advice to small groups, weight watching, and counselling in small group for younger family members are amongst the suggestions.

Marks & Spencer

The charity has teamed up with Marks & Spencer Bromley Store to avail of the service they offer for post operative bra fitting.



Ladies Charity Afternoon

More than ninety ladies supported the Primrose Centre by attending a charity afternoon at Cooling's Nursery on the 30th June.

The event comprised of Cream Teas at Arthurs followed by a very interesting flower arranging session by Myra Lester, who made it look so easy! The two varied displays formed part of the raffle.

Following the flower arranging Nicky Peto of Cooling's planted a hanging basket and an indoor container, which seemed to take minutes to those of us who set hours aside to plant up our versions at home. I guess easy when you know how!



It was lovely at the end of an interesting afternoon to be able to thank so many supporters and draw the raffle for these super displays.

Gary Carvoso, the Managing Director of Cooling's presented Mary Sprinks with a cheque for £700

which is a wonderful donation from what was a truly enjoyable time.

Pink Ribbon Foundation

Exciting news reached the charity just in time before it goes to print with the Newsletter. The Pink Ribbon Foundation has given the charity a grant of £6,000 to be used to provide therapies in the main therapy room. This is a most generous donation and will make it possible to provide many visitors with the help they really deserve.

Thank you to the trustees of the Pink Ribbon Foundation.

Sign up to Primrose Newsletter

If you would like to receive a copy of the Primrose Centre Newsletter send an email with your contact details to info@primrosecentre.org.uk. It can also be read online.

Ways to help the Charity

How to Donate:

- By bank or CAF cheque send to Primrose Centre, 3 Prudence Lane, Farnborough, Kent BR6 8RE
- Credit or Debit card donation call 01689 880218
- Click online www.mydonate.com and make a donation to Primrose Centre.

How can you support the Primrose Centre?

- Attending or organising an event
- Volunteer to support the charity
- Take up a challenge, a run, walk etc.
- Get your company involved
- Giving an ongoing donation by direct debit
- Making the charity a beneficiary in your will.

Local businesses who continue to support the Primrose Centre

- SO CLEAN – Farnborough
- CLAUS HAIRDRESSERS – Bickley
- COOLING'S NURSERY – Knockholt
- AMITY BLINDS – Orpington
- DMR – (web site)
- WISEBYTES – Green Street Green
- PC PLUS – (computers)
- SAINSBURY'S – Locksbottom
- MMW – (bespoke furniture)
- TALLY HO PUB – Downe



Contact Us

If you would like to sponsor the Autumn (October 2011) edition of Primrose News, please contact Mary Spinks:
The Primrose Centre
3 Prudence Lane, Farnborough, Kent BR6 8RE
info@primrosecentre.org.uk
Telephone: 01689 880218

Follow us on 